

THE FIT-TO-WINNER

Quarterly Newsletter

March 2019

Volume 3, Issue 2

D. Kenneth Block
Wellness Center

Fit To Win



Pentagon

Chief's Corner



We have an exciting issue of Fit-To-Winner available this quarter. Learn which fitness wearable has the features you need to keep you on track in your fitness goals. In addition, read on for more information on the best protein sources and important facts regarding your bowel health. Finally, March is National Nutrition Month and May is Fitness Month. We will have several guest lecturers and a health fair in these months so come join us and learn how we can support your wellness goals.

Happy Spring,
Lisa Konitzer

LTC Lisa Konitzer, PT, DSc, OCS
Chief, Physical Therapy and Fit To Win
Pentagon DiLorenzo TRICARE
Health Clinic (DTHC)

Which Fitness Wearable is Right for You?

Jonathan Gray, MS, CSCS

Fitness Specialist, Pentagon Fit To Win

As technology evolves, it affects our lives in many ways, and the fitness industry is no exception. Whereas in the old days, we used journals or computer programs to track our exercise efforts, now there is no shortage of devices that give us real time information on everything from how many steps we've taken, how many calories we've burned, heart rate, exercise metrics, and sleep quality.

The number of devices available for tracking activity and the information those devices provide can make it overwhelming to decide if a fitness wearable is right for you and which type of device best fits your goals. However, knowing the categories of fitness wearables and the features of each simplifies the process.

Fitness wearables consist of three primary categories of devices: fitness trackers, GPS watches, and smartwatches. The most basic fitness trackers measure steps, distance traveled, active minutes, and provide a rough estimate of calories burned. More expensive models also track heart rate through wrist sensors, which allows for a more accurate estimate of calories burned, as well as workout stats and sleep quality.



A GPS watch will measure the same data as a fitness tracker in addition to providing more detailed, real-time information while exercising, such as pace, distance, cadence, and speed. GPS watches tend to measure distance more accurately than fitness trackers, and have displays that are typically easier to read while exercising than fitness trackers. For someone who runs, cycles, or swims, a GPS watch is a good option. This is especially true if you're looking to track more detailed exercise data than steps and calories burned. For tracking heart rate, most GPS watches are either paired with a heart rate strap or have built-in sensors that measure heart rate directly from the wrist.

Smartwatches offer many of the same functions as fitness trackers and GPS watches, in addition to the ability to stay connected. Smartwatches provide notifications when you have incoming texts, emails and phone calls. While some GPS watches also provide notifications, most current models do not allow the capability to respond to those notifications directly from your watch. However, with a smartwatch you can respond to texts and emails as well as answer phone calls. In general, smartwatches also provide more enhanced displays than the current generation of fitness trackers and GPS watches. With these extra features come an extra price. A smartwatch will usually cost as much as a fitness tracker and GPS watch combined.

In summary, a fitness tracker may be the best option to provide motivation and accountability to increase baseline activity levels and for basic fitness tracking. For someone looking for greater accuracy with distance tracking and more advanced fitness metrics, a GPS watch would be a good choice. Finally, a smartwatch would be good option for someone looking to track health and exercise data while also placing an emphasis on staying connected.

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IN MEMORIAM



In January, Fit To Win lost an educator, administrator, mentor, colleague, and friend - **Mark Jacobs**. An Army Veteran, Mark loyally served and shaped Fit To Win from 1989-2014. His passion for health and fitness will be truly missed.

Fit To Win can help guide you on the right path when starting or changing your health and fitness goals. For individuals assigned to the Pentagon who are eligible (Active Duty, Retirees, Federal Employees), let Fit To Win be part of your positive change!

Please call 703-692-8898 for more information.

When It Comes to Bowel Health—An Ounce of Prevention Goes a Long Way

LtCol Chad G. Kahl MD, SFS, FAAFP
Chief, Pentagon Flight Medicine Clinic

Most medical conditions are exacerbated by the austere conditions of military service. Bowel conditions are no exception. Aircrews and combat troops suffer from salt saturated MREs, aircrew box meals and living persistently in dehydrating environments while deployed.

“...people who exercise regularly enjoy substantial protection against colon cancer.”

Because of this I spend a great deal of my clinical week talking about bowel health. One of the leading causes for patients to visit

our clinic is for bowel related issues; constipation, diverticulitis, diverticulosis, hemorrhoids and inflammatory bowel disease and others. What I've found is that most people don't know how big of an impact fiber intake, hydration status, certain medications and lack of exercise can have on a healthy bowel routine. It's often overlooked that daily medications may contribute to bowel disturbances. Opioids, such as oxycodone (OxyContin) and hydrocodone (Vicodin), and others, are some of the worst offenders. The narcotic effect can cause nerves in the gut to 'sleep,' inhibiting movement.

Some blood pressure medications like calcium-channel blockers, relax the smooth muscles in blood vessels to lower blood pressure. But they also relax the muscles in the gut and may cause constipation.

Anticholinergics are a large class of medications found in many over-the-counter and prescription medications. These include treatments for incontinence, such as oxybutynin (Ditropan), and allergies, such as diphenhydramine (Benadryl). These medications block the effects of acetylcholine, a chemical that helps the muscles move. Less movement in the gut can lead to constipation. Antidepressants are known to exacerbate constipation as well.

What you can do?

Adding more fiber to your diet — such as beans or leafy greens — can ease constipation. Dietary fiber is a mix of complex carbohydrates found in the bran of whole grains, in the leaves and stems of plants, and in nuts, seeds, fruits, and vegetables. Long-term treatment options include over-the-counter remedies, fiber gummies and tablets usually come in doses of 4-8 mg at a time taken every 6-8 hours. Trying to get as close to 25-30 grams of fiber a day along with 8-10 cups of water daily is imperative. Chronic constipation is rare in "primitive" societies that rely on traditional, unrefined foods, but it's extremely common in industrial societies. The missing element is dietary fiber. The Institute of Medicine recommends 38 grams of fiber a day, most Americans get much, much less. The best place to get fiber is from whole fruits and vegetables but sometimes you may need to supplement to stay close to the daily goal.

As mentioned earlier fiber is important for bowel function and general health, but it can be hard to get used to. Many people feel bloated and gassy when they start a high-fiber diet, but if they stick with it, these side effects usually diminish within a month or so. Still, it's best to ease into a high-fiber diet. Increase your daily intake by about 5 grams per week until you reach your goal, and be sure to have plenty of fluids as well. For most people,

a high-fiber cereal is the place to start, but if breakfast isn't your thing, you can have it any time during the day.

Another fix is regular fitness routines. Exercise speeds the transportation of wastes through the intestinal tract. It's one of the reasons people who exercise regularly enjoy substantial protection against colon cancer. And like dietary fiber, exercise has many benefits beyond preventing constipation. It reduces the risk of heart disease, stroke, high blood pressure, diabetes, obesity, erectile dysfunction, and many other problems.



For some people, constipation is a constant struggle. If a person has no more than two bowel movements per week and there's no underlying condition or medication responsible, the problem is known as chronic severe functional constipation (CSFC), even one or two straining bowel movements can lead to hemorrhoids. Integrative medicine, has shown some promise as an adjunct therapy to improve bowel health. A study published online Sept. 12, 2016, by Annals of Internal Medicine, suggests that acupuncture may be a treatment option for people with constipation. More studies are needed to confirm the results.

Most importantly, when it comes to bowel health, don't forget to discuss cancer screening with your doctor. Usually, you will start your first colonoscopy at age 50. However, the American Cancer Society did issue some updated guidelines that you will need to discuss with your physician.

The guideline say that people at average risk can start screening early at age 45 and those with higher than average risk might need to start colorectal cancer screening before age 45, be screened more often, and/or get specific tests.

People at higher or increased risk are those with:

- A strong family history of colorectal cancer or certain types of polyps
- A personal history of colorectal cancer or certain types of polyps
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn's disease)
- A known family history of a hereditary colorectal cancer syndrome such as familial adenomatous polyposis (FAP) or Lynch syndrome (also known as hereditary non-polyposis colon cancer or HNPCC)
- A personal history of radiation to the abdomen (belly) or pelvic area to treat a prior cancer

Please consider how important bowel health is to your overall wellness and be sure and speak to your health care provider about specific screening options and any new diet plans.

Power of Protein: Top 3 Sources to Enhance Strength

1LT Rebecca C. Prince
Dietetic Intern, WRNMMC

When we want to improve our strength and performance through food, we think about protein. Protein is important for building muscle and aiding recovery. But not all protein is created equal. With so many options to choose from, making the right decision can be hard. This article will help guide you to make the right decision by listing the top three

"Soy is one of the few plant sources that is a complete protein. This makes it the best choice for those on a vegan diet."

sources of protein to enhance your strength and performance.

Whey Protein

Many of us have heard of whey protein. It is found in milk and can be found sold as a protein powder in many grocery stores or supplement shops. Whey protein is a "complete" protein, which means that it contains all the essential proteins we need each day. This makes whey an excellent source of protein. Include whey in your diet as an after-work out snack by adding it to a shake or smoothie.

Lean Meats

Lean meats are another great source of complete protein. Some sources of lean meat include salmon, chicken breast, lean beef, and pork tenderloin. Lean meats are lower in fat, which benefits our waistlines. Lean beef also provides the greatest natural source of creatine. Creatine is a fast source of



energy for our muscles, which is helpful during weight lifting. So instead of choosing a ribeye steak next time you go out to eat, try swapping it for top sirloin or a grilled chicken breast. Your waistline and your muscles will thank you.

Soy

If animal sources of protein aren't for you, soy is your best option. Soy comes in many forms like tofu, soy milk, and meat alternatives. Soy is one of the few plant sources that is a complete protein. This makes it the best choice for those on a vegan diet. A common myth about eating soy is that it lowers testosterone. Testosterone is a hormone that boost muscle mass, especially in men. The latest research shows that soy does not lower testosterone levels, so give soy a try for a meatless Monday or adding it to a shake or smoothie.

Eating enough protein is essential to increasing strength and building muscle. Take these tips and apply it the next time you visit your local supermarket or supplement shop. After all, food should work for you not against you.

- ◆ **7 March 2019**
1100-1200

Presentation: For the Elite Warfighter Nutrition

Joanne Villaflor, MS, RDN, CSSD, LD
Performance Enhancement Dietitian
Commander, Navy Installations Command

- ◆ **12 March**
1200-1300

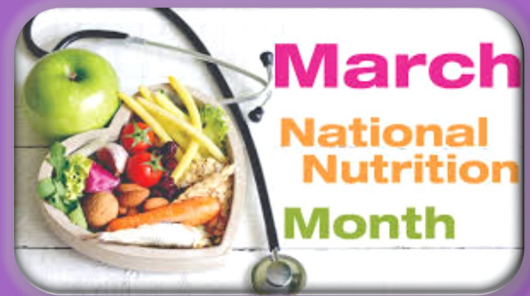
Presentation: How to Avoid the Cardiologist

M. Alaric Franzos, MD, MPH, FACC, FACP
Captain, MC, US Navy
Specialist in Cardiovascular, Internal, and Aerospace Medicine

- ◆ **21 March**
1100-1200

Presentation: Goal Setting and Positive Psychology

Gabriel Paoletti Ed.D. M.A.P.P.
Mental Fitness Scientist, Human Performance Resource Center Consortium for Health and Military Performance (CHAMP) A DoD Center of Excellence Uniformed Services University



Classes are held in the DiLorenzo Health Clinic, Upton Conference Room

Please call 703-692-8898 for more information

Join Fit To Win

Active Duty, Retirees, and Federal Employees assigned to the Pentagon are eligible to enroll in Fit To Win. Please visit:

www.DTHC.CapMed.mil



Services



Fit To Win



Complete the Online

Personal Wellness Profile (PWP)

When PWP Completed, Call 703.692.8898 to schedule your 60 minute PWP review and Body Composition Analysis



Fit To Win Events & Classes

- The Healthy Weigh
- Diabetes Management
- Healthy Heart
- Meal Planning
- Preventing Running Injuries
- Why Do I Hurt?
- Sleep Optimization
- Stop Sleep Deprivation (March)
- Goal Setting for Life (March)
- Elite Warfighter Nutrition (March)
- How to Avoid the Cardiologist (March)
- Fitness Fair (May)

Tip of the Quarter

Take the stairs or walk up the escalator in lieu of the elevator when possible.

Please call 703-692-8898 for days and times of classes and events or visit:

www.dthc.capmed.mil/Care/SitePages/FitToWin.aspx

Fit To Win

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www.dthc.capmed.mil

Move in May and Every Other Month!

Roberto Ruiz, MA, EP-C, CSCS

Exercise Physiologist, Pentagon Fit To Win

May is Fitness month and a good time for all of us to be reminded of physical activities goals to reduce risk factors for heart disease and live a longer healthier life.

In November of 2018, Department Health and Human Services rolled out the 2nd edition of the physical activities guidelines for adults and children.

Adults

- Every day: move more, sit less. Remember, something is better than nothing.
- Every week: at least 150 to 300 minutes of moderate to vigorous aerobic activity throughout the week.
- 2+ days/week: muscle-strengthening activities that use all major muscle groups.

Youth (ages 6—17)

- Should do 60 minutes (1 hour) or more of physical activity daily:
- **Aerobic:** Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity and at least 3 days a week should include vigorous-intensity physical activity.
- **Muscle-strengthening:** As part of their 60 or more minutes of daily physical activity, youth should include muscle-strengthening physical activity at least 3 days a week.
- **Bone-strengthening:** As part of their 60 or more minutes of daily physical activity, youth should include bone-strengthening physical activity at least 3 days a week.



Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*
Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

